

## Lockdown

When we look back at this time,  
let's not think of the deaths or the trauma,  
let's think of the sense of the community,  
of the togetherness,  
of the families helping one another.

Let's not think of the people who didn't socially distance,  
but of the NHS,  
who kept worries at bay,  
who saved more lives than imaginable,  
who were there for us at the end of the phone.

Let's not think of the stock buyers,  
but the people who went to work every day,  
to make sure we had food to eat,  
to make sure our pets were safe,  
to make sure we had transport.

Let's not think of the sorrow,  
but remember how we all helped,  
when we had our walk once a day,  
when we were kept away from our families,  
or when we socially distanced with others not from our house.

Let's all remember how children put rainbows in the windows,  
putting smiles on the faces of the citizens walking,  
and helping them enjoy their walk.

Let's not think of the people who made it all harder,  
but the people who helped,  
we were all heroes,  
whether we were at home, school or work,  
let's remember that not all heroes wear capes.

By Sophie Bishop

*hope*

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas